



# HEALTH AND WELLBEING CHECKLIST

Date

22

## Healthy Meal Prep

Meal prepping saves time, reduces stress, and helps you make healthier food choices. Use this checklist to streamline your weekly meal planning.

### Set Your Nutrition Goals

- Identify your dietary needs, such as calorie intake, macronutrient balance, or specific health goals.
- Example: High protein for muscle gain or low-carb for weight loss.



### Plan Your Weekly Menu

- Outline meals and snacks for the week to avoid last-minute decisions.
- Tip: Include a variety of proteins, grains, vegetables, and healthy fats.



### Create a Detailed Shopping List

- Write down ingredients you'll need based on your planned meals.
- Tip: Organise your list by supermarket aisles to save time while shopping.



### Set Aside Prep Time

- Dedicate a specific day and time for cooking and organising meals.
- Example: Sunday afternoons for cooking and portioning food.



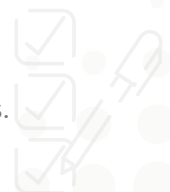
### Invest in Storage Containers

- Use BPA-free, leak-proof containers to keep meals fresh and easy to transport.
- Tip: Opt for stackable containers to save space in the fridge.



### Batch Cook Staples

- Prepare large quantities of versatile ingredients like rice, quinoa, or roasted vegetables.
- Tip: Use these staples to mix and match meals throughout the week.



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### Portion Meals Properly

- Divide meals into single servings to control portions and reduce waste.
- Example: Use a food scale to measure protein or grains accurately.



### Label and Date Your Meals

- Add labels with names and preparation dates to track freshness.
- Tip: Freeze meals you won't eat within 3-4 days.



### Keep Healthy Snacks Ready

- Prep easy grab-and-go snacks like cut veggies, boiled eggs, or yoghurts.
- Example: Portion nuts into small bags for convenience.



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